Pain and Wellness Group Clinic

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# What is it?

* A clinic for patients with chronic pain in a **group setting**, with a provider and a psychologist
* Weekly in Martinez (Thurs.), Pittsburg (Tues.), and Richmond (Mon.)

# Benefits:

* Patients learn self-management skills to help them live happier and more functionally with pain
* Focuses on positive lifestyle changes with weekly progress
* A major source of support: breaks isolation and builds community
* Documented decreases in pain medication usage

# What it is NOT:

*Pain and Wellness Group Clinic is* ***NOT a complete pain management******program***

**NO PAIN MEDS are prescribed** The primary care provider still manages all meds

May **not** be used it as an involuntary requirement for patients to obtain opiate prescriptions

Not for patients in a psychiatric crisis or too unstable to participate in a group setting

**Whom to Refer:** Patients with Chronic Pain *motivated*  to increase their self care

**\*Must have a Primary Care Provider** for health care and prescriptions

**\*Must have had a thorough diagnostic work-up**

**\*Must not have hospitalizations for psychiatric care in the last 6 months**

**How to Refer:**

Place an order for your M.A. to make the appointment directly: in ccLink ORDERS, type **“ref pain”**

How the M.A. makes the appointment:

Department: MHC, PHC or WCHC FAMILY PRACTICE

**Visit Type: type in “pain”** to bring up PAIN AND WELLNESS GROUP

**Provider: all**

Click: Search

# Curriculum:

- Making Changes: building self-efficacy & using an Action Plan - the cornerstone of the program

- Understanding pain - Problem solving / self-monitoring

- Getting help and support - Emotional self-care / self talk / thinking errors

- Slowing down: pacing, simplifying life - Meditation & deep relaxation

- Coping with flare-ups / relapse prevention - Nutrition

- Communicating with doctors - Exercise

- Pain medications - Sleep

- Purpose and reasons to live - Gratitude

***Please keep referring and encouraging patients to attend!***